

EXME REFRESHMENT BREAKS

WELCOME BREAK

Fresh Fruit Tumblers with Pineapple, Melon, Blueberry & Fresh Mint

Low Fat Seasonal Fresh Fruit Smoothies

Baked Lemon & Poppy Seed Muffin

Variety of Crunchy Nuts and Seeds

Selection of herbal, fruit and breakfast teas, freshly ground coffee and Flavoured water

€7.95 per person

MID- MORNING BREAK

Fresh Seasonal Whole Fruit Platter

Selection of Mini Fruit & Plain Scones served with sugar free jams & crème fraiche

Assorted Mini Cup Cakes

Cranberry Juice

Selection of herbal, fruit and breakfast teas, freshly ground coffee and Flavoured water

€7.95 per person

AFTERNOON BREAK

Carrot Cake with Blackberry Smoothie shots

Low Fat Banana Cake

Fresh Seasonal Whole Fruit Platter

Selection of herbal, fruit and breakfast teas, freshly ground coffee and Flavoured water

€7.95 per person

LUNCH OPTIONS

SOUP & SANDWICH BREAK

Seasonal Soup, a selection of Premium filled Sandwiches traditionally served in an assortment of breads, locally sourced Salads, sliced seasonal Fruit and Tea/Coffee with mini Chocolate Brownie.

€15.95 per person

SOUP

Homemade Soup to include one of the following:

- Broccoli & Red Pepper Soup
- Tomato & Basil Soup
- Minted Pea & Spinach Soup
- Butternut Squash with Toasted Pecan & Pine Nuts
- Root Vegetable Soup

SANDWICHES

Assorted Open & Finger Sandwiches served on a selection of breads including:
Sour Dough, Rustic Cereal, Traditional Brown Soda & Flat Bread

With a selection of fillings including:

Smoked Salmon with Dill Crème fraiche; Cashel Blue & Red Onion Marmalade; Honey Roast Ham with Wholegrain Mustard light mayonnaise; Turkey & Cos Lettuce; Dubliner Cheddar Cheese & Pickle; Organic Egg & Onion in light mayonnaise; Roast Beef & crispy lettuce & aioli; Tuna & Dill pickle Salad; Soft Goats Cheese & Sundried tomato.

** Add the following Salad Options to your Soup & Sandwich Break for just €3.00 per person
Wholegrain Mustard; Mexican Mixed Bean Salad with Lime & Ginger dressing;
Seasonal Salad Leaves, Dips, Condiments & Light Yogurt dressing, Selection of Freshly Baked breads.